

Coach Mel's 5 V's

Views
Values
Vulnerability
Voice
Vision

“ Ditch the chaos, embrace the possibilities.
Your new leadership journey starts now! ”

Coach Mel



#1

“ Views ”

■ **Perception vs Reality**

- *Focus on what you think you do well; get feedback from others for a reality check*

■ **Limiting Beliefs**

- *Unshackle yourself from what you think you can't do & push yourself to do it!*

■ **Measuring**

- *Stop measuring your success against others, own your future*

“ Does "chaos" describe your career?
Your Life? How's that working out for you? ”



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#2

“ Values ”

- **What's Important to You**

- *Pull in all aspects of your life to define your beliefs & what you find value in doing*

- **Know Your Worth**

- *Focus on the Gain (your accomplishments), not the Gap (what you don't have, that others might)*

- **Identify What You Don't Want**

- *Then flip “Don't” to uncover what you “Do” want*

“ How's the daily grind going? ”

Coach Mel



#3

“ Vulnerability ”

■ **Build Trust**

- *Share more about yourself with others, what's your story, bring them in*

■ **Be Genuine and Authentic**

- *End the Code-Switching swirl, find true bliss in knowing you're being you*

■ **Ask for Help**

- *Remember, you haven't failed because you asked for help, we're all human*

“ Unleash the Kraken! Step into your leadership greatness. ”

Coach Mel



#4

“ Voice ”

■ **Own Your Beliefs**

- *Be your own advocate, put yourself in the right situations, & leave relationships that don't work*

■ **Be Yourself**

- *Showcase who you are, how you want to be seen, & be yourself; all day every day*

■ **Share Your Thoughts**

- *Let the world know what you stand for in your tone, even if you feel like an outlier*

“ Stop living someone else's dream! ”

Coach Mel



#5

“ Vision ”

■ **What's Your North Star?**

- *Define the most audacious goal you can see as tangible “if only”, then make the plans to do it*

■ **Find a Tribe, Share the Vision**

- *Find the right audience that is moved & shares in your vision, it will make it easier*

■ **Set Dates, Take Massive Action**

- *Nothing gets done without a schedule & putting your full focus into it!*

“ Feeling overwhelmed? Let's transform your chaos into clarity. ”

Coach Mel





Unshackle!

Coach Mel proudly supports clarity and the relentless pursuit of how your 5 Vs can be *transformative*, *remove limiting beliefs*, and help you *showcase your superpowers*.

<https://etc.limited>

